

Mens 100m Heat 1

Wind = +2.2 m/s

1	Ryan SCOTT	Yate	10.25
2	Leevan YEARWOOD	Victoria Park & Tower Hamlets	10.35
3	Ricky FIFTON	Newham & Essex	10.38
4	Brad WILLIAMS	LSAC	10.76
5	Paul JUDSON	LSAC	10.79
6	William GREEN	LSAC	11.06
7	Anthony ASHTON	Bury AC	11.13
8	Junior EJEHU	Harrow	11.24

Mens 100m Heat 2

Wind = +2.5 m/s

1	Alex NELSON	Sale Harriers Manchester	10.36
2	Aidan SYERS	LSAC	10.44
3	Demetrias MCLOUD	USA	10.46
4	Lloyd RICE	Bristol & West	10.69
5	Kurt MULCHAY	AUSTRALIA	10.79
6	Isaiah ADEKAMBI	Enfield & Haringey	10.86
7	Dan KAVANAGH	IRELAND	11.14
8	Mark COLLINS	Luton AC	11.18

Mens 100m Heat 3

Wind = +2.5 m/s

1	Leon BAPTISTE	Haringey & Enfield	10.27
2	Any MATHEWS	Windsor, Slough Eton & Hounslow	10.53
3	Eugene AYANFUL	Woodford Green & Essex	10.70
4	Andy BLOW	LSAC	10.74
5	Tom REILY	Liverpool Harriers	10.76
6	Christian CHARLEMAGNE	Netherlands	10.98
7	Harm BRUINS	Netherlands	11.00
8	Jason GREENIDGE	Woodford Green & Essex	11.06

Mens 100m FINAL A

Wind = +1.2 m/s

1	Ryan SCOTT	Yate	10.20
2	Ricky FIFTON	Newham & Essex	10.21
3	Leevan YEARWOOD	Victoria Park & Tower Hamlets	10.22
4	Leon BAPTISTE	Haringey & Enfield	10.35
5	Alex NELSON	Sale Harriers Manchester	10.36
6	Demetrias MCLOUD	USA	10.41
7	Aidan SYERS	LSAC	10.56
8	Any MATHEWS	Windsor, Slough Eton & Hounslow	10.61

Mens 100m FINAL B

Wind = +1.7 m/s

1	Lloyd RICE	Bristol & West	10.63
2	Paul JUDSON	LSAC	10.71
3	Brad WILLIAMS	LSAC	10.72
4	Eugene AYANFUL	Woodford Green & Essex	10.72
5	Isaiah ADEKAMBI	Enfield & Haringey	10.83
6	Andy BLOW	LSAC	10.84
7	Kurt MULCHAY	AUSTRALIA	10.85
8	Tom REILY	Liverpool Harriers	10.85

Mens 200m Race 1

Wind = +1.6 m/s

1	Ricky FIFTON	Newham & Essex	20.64
2	Visa HONGISTO	FINLAND	20.69
3	Jan SCHILLER	Czech Republic	21.06
4	Luke FAGAN	Haringey & Enfield	21.19
DNS	Demetrias MCLOUD	USA	

Mens 200m Race 2

Wind = +2.9 m/s

1	Dan COSSINS	Birchfield Harriers	21.12
2	Paul JUDSON	LSAC	21.19
3	Kurt MULCHAY	AUSTRALIA	21.23
4	Paul BRIZZEL	IRELAND	21.41
DNS	Patrick SWANN	LSAC	

Mens 200m Race 3

Wind = +3.1 m/s

1	Andy BLOW	LSAC	21.50
2	Isaiah ADEKAMBI	Enfield & Haringey	22.12
3	Christian CHARLEMAGNE	Netherlands	22.15
4	William GREEN	LSAC	22.63

Mens 400m Race 1

1	Mike BINGHAM	Unattached	45.91
2	Mark OMEROD	AUSTRALIA	46.45
3	Rob TOBIN	Basingstoke & Mid Hants	46.60
4	Leo SETTLE	USA	46.81
5	Tom DRUCE	Channel Islands	48.07

Mens 400m Race 2

1	Graham HEDMAN	Woodford Green & Essex	45.91
2	Nigel LEVINE	Bedford	46.45
3	Louis PERSENT	Colchester Harriers	46.60
4	Dale GARLAND	Gurensey	46.81
5	Mark BROWN	Newham & Essex	48.07
6	Mark BERRIDGE	Basingstoke & Mid Hants	48.94

Mens 400m Race 3

1	Ben HIGGINS	LSAC	47.74
2	Jacob RIIS	DENMARK	48.16
3	John KELLY	City Of Sheffield	48.24
4	Hamim LUBEGA	Victoria Park & Tower Hamlets	48.52
5	Patrick SWANN	LSAC	49.03
6	Tim HAWKES	NEW ZEALAND	49.60

Mens 400m Race 4

1	Adeboawle ADEMUYEO	Sale Harriers Manchester	48.26
2	Adam DAISH	LSAC	48.92
3	Andre FERNANDEZ	Newham & Essex	49.14
4	Glyn HAWKES	LSAC	49.62
5	Peter WOLTERS	Netherlands	49.92
6	Andy DEAN YOUNG	Barnsley AC	50.80

Mens 110m Hurdles Heat 1

Wind = +0.9 m/s

1	Allan SCOTT	Shaftesbury Barnet	13.53
2	Jared MCLEOD	CANADA	13.72
3	Nick GAYLE	Sale Harriers Manchester	14.02
4	Ian MCDONALD	IRELAND	14.04
5	Matt HUDSON	Leeds City	14.78

Mens 110m Hurdles Heat 2

Wind = +0.4 m/s

1	William SHARMAN	LSAC	13.71
2	David HUGHES	Trafford	14.00
3	Peter COGHLAN	IRELAND	14.10
4	Mike VAN KRUCHTEN	Netherlands	14.40
5	Jonathon PENGLE	Netherlands	14.92

Mens 110m Hurdles Heat 3

Wind = +0.7 m/s

1	Karl JENNINGS	CANADA	13.81
2	Gianni FRANKIS	Newham & Essex	14.02
3	Callum PRIESTLEY	LSAC	14.09
4	Dominic GIRDLER	LSAC	14.10
5	Simon WOMBWELL	LSAC	15.20

Mens 110m Hurdles FINAL A

Wind = +2.2 m/s

1	Allan SCOTT	Shaftesbury Barnet	13.41
2	Jared MCLEOD	CANADA	13.52
3	Karl JENNINGS	CANADA	13.56
4	William SHARMAN	LSAC	13.59
5	Gianni FRANKIS	Newham & Essex	13.70
6	Ian MCDONALD	IRELAND	13.87
7	Nick GAYLE	Sale Harriers Manchester	13.97
DNF	David HUGHES	Trafford	

Mens 110m Hurdles FINAL B

Wind = +2.2 m/s

1	Callum PRIESTLEY	LSAC	13.89
2	Peter COGHLAN	IRELAND	13.90
3	Dominic GIRDLER	LSAC	13.99
4	Mike VAN KRUCHTEN	Netherlands	14.16
5	Jonathon PENGLE	Netherlands	14.32
6	Simon WOMBWELL	LSAC	14.93

Mens 400m Hurdles Race 1

1	Steve GREEN	Newham & Essex	50.13
2	Michal UHLIK	Czech Republic	50.54
3	Brad YIEND	Birchfield Harriers	51.40
4	Eddie BETTS	Thames Valley	52.93
5	Luis ASCENCIO	CHILE	54.90

Mens 400m Hurdles Race 2

1	Lloyd GUMBS	LSAC	52.11
2	David MARTIN	LSAC	52.79
3	Mike BAKER	Medway & Maidstone	52.87
4	Ed HARRISON	Blackheath & Bromley	53.30
5	Tom GRANTHAM	City Of Sheffield	54.98

Mens Hammer

1	Simon BOWN	Newham & Essex	65.94
2	Mike BOMBA	Liverpool Harriers	63.64
3	Matt LAMBLEY	LSAC	63.12
4	Yaan WATEL	FRANCE	59.61
5	Steve WHYTE	Thames Valley	57.22
6	Stuart THURGOOD	Herne Hill	54.59

Mens Hammer (6Kg)

1	Joe BLOOMFIELD	Ipswich Harriers	59.77
---	----------------	------------------	-------

Mens Discus

1	Erik CADEE	Netherlands	61.75
2	Emeka UDECHUKU	LSAC	61.37
3	Abdul BUHARI	Newham & Essex	61.30
4	Russ WINGER	USA	57.49
5	Maarten PERSON	Netherlands	56.86
6	Brett MORSE	Cardiff	55.05
7	Matt BROWN	Enfield & Haringey	53.35
8	Ivo DE BRUIN	Netherlands	48.40

Mens Shot

1	Carl MYERSCOUGH	Blackpool & Flyde	20.26	MBP
2	Russ WINGER	USA	18.91	
3	Kieran KELLY	LSAC	17.20	
4	Maarten PERSON	Netherlands	16.42	
5	Jamie STEPHENSON	LSAC	15.66	
6	Carl FLETCHER	Wigan & District	15.64	
7	Craig STURROCK	Gateshead	15.22	
8	Dan BRUNT	City Of Sheffield	14.86	

Mens Long Jump

1	JJ JEGEDE	LSAC	7.61	-0.6
2	Okie GIWA-AGBOMEIRELE	NIGERIA	7.48	+0.4
3	Jaroslav DOBROVODSKY	SLOVAK REPUBLIC	7.38	-0.6
4	Steve SMALL	LSAC	7.23	-1.0
5	Louis EVING JONES	Belgrave Harriers	7.23	+0.6
6	Andre FERNANDEZ	Newham & Essex	7.17	+0.5
7	Andy BELL	LSAC	7.05	+0.4
8	Jonathon PENGLE	Netherlands	6.63	+0.7

Mens High Jump

1	Mehdi ALKHATIB	SWEDEN	2.15
2	Rob MITCHELL	Sale Harriers Manchester	2.15
3	Robbie GRABARZ	LSAC	2.15
4	Mark DILLION	CANADA	2.15
5	Sampson ONI	Belgrave Harriers	2.10
6	Matt ROBERTS	Newham & Essex	2.05
7	Adam SCARR	Enfield & Haringey	2.05
8	Benoit VENDEVILLE	FRANCE	1.95

Mens Pole Vault

1	Luke CUTTS	Dearnside High	5.25
2	Paul WALKER	LSAC	5.15
3	Max EAVES	LSAC	4.90
4	Christian NORTH	Woodford Green & Essex	4.90
5	Matt DEVEREUX	Bedford	4.60
6	Rhys SEARLES	Dearnside High	4.60

Womens 100m Heat 1

Wind = +3.2 m/s

1	Laura TURNER	Windsor, Slough Eton & Hounslov	11.30
2	Toyin OLUPONA	CANADA	11.40
3	Kadi Ann THOMAS	Marshal Milton Keynes	11.41
4	Amina CEESAY	Newham & Essex	11.64
5	Joey DUCK	Marshal Milton Keynes	11.72
6	Louise KIERNAN	IRELAND	11.82
7	Margaret ADEOYE	Haringey & Enfield	11.97

Womens 100m Heat 2

Wind = +2.6 m/s

1	Montell DOUGLAS	Blackheath & bromley	10.95
2	Joice MADUAKA	Woodford Green & Essex	11.50
3	Elaine O'NEIL	Woodford Green & Essex	11.59
4	Emma BAILEY	LSAC	11.71
5	Claire SPURWAY	Rugby & Northampton	12.08
6	Natalie JOWETT	LSAc	12.16
7	Charlene ATTARD	MALTA	12.27

Womens 100m FINAL A

Wind = +2.0 m/s

1	Montell DOUGLAS	Blackheath & bromley	11.05	N Rec
2	Laura TURNER	Windsor, Slough Eton & Hounslov	11.27	
3	Toyin OLUPONA	CANADA	11.34	
4	Kadi Ann THOMAS	Marshal Milton Keynes	11.41	
5	Amina CEESAY	Newham & Essex	11.60	
6	Elaine O'NEIL	Woodford Green & Essex	11.74	
7	Emma BAILEY	LSAC	11.80	
DNS	Joice MADUAKA	Woodford Green & Essex		

Womens 100m FINAL B

Wind = +0.9 m/s

1	Joey DUCK	Marshal Milton Keynes	11.73
2	Louise KIERNAN	IRELAND	11.88
3	Margaret ADEOYE	Haringey & Enfield	11.91
4	Natalie JOWETT	LSAc	12.27
5	Charlene ATTARD	MALTA	12.29
DQ	Claire SPURWAY	Rugby & Northampton	

Womens 200m Race 1

Wind = +2.6 m/s

1	Kadi Ann THOMAS	Marshal Milton Keynes	23.22
2	Laura TURNER	Windsor, Slough Eton & Hounslov	23.36
3	Joice MADUAKA	Woodford Green & Essex	23.47
4	Joey DUCK	Marshal Milton Keynes	23.51
5	Joanne RYAN	Woodford Green & Essex	24.81

Womens 200m Race 2

Wind = +2.0 m/s

1	Margaret ADEOYE	Haringey & Enfield	24.10
2	Emma BAILEY	LSAC	24.49
3	Charlene ATTARD	MALTA	25.20
4	Natalie JOWETT	LSAc	25.56

Womens 400m Race 1

1	Kim WALL	LSAC	52.79
2	Vicky BARR	Rugby & Northampton	53.23
3	Seemita GUMBS	Birchfield Harriers	55.59
4	Emma WILLIAMS	Coventry	56.37
5	Wendy BARRU	FRANCE	57.48
6	Chiara DEL NERO	ITALY	59.31

Womens 100m Hurdles Heat 1

Wind = +0.7 m/s

1	Gemma BENNETT	Shaftesbury Barnet	13.28
2	Sara MCGREAVY	LSAC	13.32
3	Andrea VINET	LSAC	13.87
4	Emma MAGNUSSON	SWEDEN	13.94
5	Helen ASHER	Liverpool Harriers	13.96
6	Ashley HELSBY	Liverpool Harriers	14.49

Womens 100m Hurdles Heat 2

Wind = +0.5 m/s

1	Sarah CLAXTON	Woodford Green & Essex	13.04
2	Gemma WERRETT	LSAC	13.57
3	Fanni JUHASZ	HUNGARY	13.73
4	Heather JONES	Carmarthen Harriers	13.79
5	Kylie WHEELER	AUSTRALIA	13.99
6	Kylie ROBBILIARD	LSAC	14.23
7	Lucy LOUGHER	Cardiff	14.92

Womens 100m Hurdles FINAL A

Wind = +1.5 m/s

1	Sarah CLAXTON	Woodford Green & Essex	12.81
2	Gemma BENNETT	Shaftesbury Barnet	13.02
3	Sara MCGREAVY	LSAC	13.31
4	Gemma WERRETT	LSAC	13.42
5	Heather JONES	Carmarthen Harriers	13.69
6	Andrea VINET	LSAC	13.80
7	Emma MAGNUSSON	SWEDEN	13.85
8	Fanni JUHASZ	HUNGARY	13.87

Womens 100m Hurdles FINAL B

Wind = +1.9 m/s

1	Helen ASHER	Liverpool Harriers	13.85
2	Kylie WHEELER	AUSTRALIA	13.94
3	Kylie ROBBILIARD	LSAC	14.03
4	Ashley HELSBY	Liverpool Harriers	14.10
5	Lucy LOUGHER	Cardiff	14.59

Womens 400m Hurdles Race 1

1	Ulrika JOHANSSON	SWEDEN	57.81
2	Sarah ADAMS	LSAC	58.34
3	Nusrat CEESAY	Woodford Green & Essex	58.95
4	Justine KINNEY	LSAC	59.21
5	Hannah DOUGLAS	Belgrave Harriers	61.06
DQ	Sara PETERSEN	DENMARK	

Womens 400m Hurdles Race 2

1	Emma PETERS	Cardiff	60.48
2	Nisha DESAI	Morpeth Harriers	61.34
3	Michelle THOMAS	Birchfield Harriers	61.72
4	Lucy LOUGHER	Cardiff	62.05
5	Sally HUGHES	Oxford University	60.82

Womens Hammer

1	Zoe DERHAM	Sale Harriers Manchester	68.63
2	Florence EZEH	FRANCE	61.82
3	Melaine FROMENTIN	FRANCE	59.41
4	Sarah HOLT	LSAC	58.75

Womens Discus

1	Monique JANSEN	Netherlands	58.98
2	Emma CARPENTER	Windsor, Slough Eton & Hounslov	55.56
3	Eden FRANCIS	Leicester Coritanins	54.02
4	Dhalwal NAVDEES	Shaftesbury Barnet	42.70

Womens Long Jump

1	Amy WOODMAN	Birchfield Harriers	6.21	+1.2
2	Amy HARRIS	Birchfield Harriers	5.76	+0.7
3	Laura SAMUELS	Leicester Coritanins	5.56	-0.4
4	Hayley Jane CONE	Thames Valley	5.28	+0.6

Womens High Jump

1	Susan MONCRIEF	Trafford	1.86
2	Stephanie PYEWELL	Sale Harriers Manchester	1.86
3	Ebba JUNGMARK	SWEDEN	1.81
4	Kylie WHEELER	AUSTRALIA	1.76
5	Sophie HINE	LSAC	1.76

Womens Pole Vault

1	Alix AUVERY	FRANCE	4.05
2	Henrietta PAXTON	Birchfield Harriers	4.05
3=	Kirtsy MAGUIRE	Edinburgh	3.90
3=	Emma LYONS	Sale Harriers Manchester	3.90
5	Louise BUTTERWORTH	Birchfield Harriers	3.90
6	Sally SCOTT	Gateshead	3.90
7	Abbey HAYWOOD	Sale Harriers Manchester	3.70